

GLENWOOD 50+ CENTER

March 2022



**2400 Route 97
Cocksville, MD. 21723
(410) 313-5440**

Center Email
glenwood50@
howardcountymd.gov

Monday - Friday
8:30 am - 4:30 pm

50+Center Hotline
410-313-5400

GO50+Hours
Mon - Sat: 7 am - 9 pm
Sun: 9 am - 6 pm

Newsletters Online
[https://
www.howardcountymd.gov/
glenwood-50-center](https://www.howardcountymd.gov/glenwood-50-center)

Volunteer Website
www.hocovolunteer.org

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Howard County
50+ CENTERS
Enrichment. Engagement. Connection. Growth.

We've made it to March!

We have exciting programs planned, including a new offering by the Office on Aging and Independence. Introducing Care Talks, a chance for caregivers to meet one on one with a Caregiver Support Specialist. Earnestine Thomas will be at Glenwood the 3rd Thursday of every month. See details on page 4.

We welcome back our favorite historian Roger Swartz for a three part series on Maryland During the Revolution. Later in the month come create your own spring wreaths and enjoy learning how to bake raspberry souffle in our cooking demo.

A Maryland Day Trivia contest is scheduled for the 25th and we will be cheering on the Orioles with an Opening Day party on the 31st.

We look forward to seeing you soon.

Regina - Cathy - Chris - Evan



GENERAL INFORMATION

50+ Center Staff

Regina Jenkins Director

rjenkins@howardcountymd.gov
410-313-5443

Chris Ferraro, Registrar

cferraro@howardcountymd.gov
410-313-5440

Evan Larkin, Utility Worker

elarkin@howardcountymd.gov
410-313-4836

Cathy Burkett, Assistant Director

cburkett@howardcountymd.gov
410-313-4832

Membership Registration

Membership to Howard County 50+ Center is required to attend or register for any class, program or activity. It is free for those age 50+ who have completed an application packet. Regardless of where one registers, membership is valid at all Howard County 50+ Centers. Membership renewal may require a new form and completed waiver. Prior to on-line registration, please check with the Front Desk to assure that your membership is current.

Please inform the Front Desk if there have been any changes to your address, phone number or your emergency contact information.

Glenwood 50+ Center Council

President: Laurel Gafke

Vice President: Bernadette Roussel

Secretary: Linda Deffinbaugh

Treasurer: Gary Gafke

Members at Large:

Annette Dill	Bea Dane
Joel Goodman	Willie Hill
Toni Matthews	

Sign-Up & Payment For Programs & Classes

Payments for programs and classes can be made via cash, credit card or a check made payable to Howard County Director of Finance. Online registration can be done via the ActiveNet website: <http://apm.activecommunities.com/howardcounty>. Account must be established prior to registering for class.

Class Withdrawal Policy

We recognize that there are times when you may need to withdraw from a class. All refund requests are subject to a 20% administrative fee and there are no refunds for missed classes. Additional fees may be assessed to recover costs associated with the program.

Newsletter

Would you like your newsletter delivered to your inbox? Just click link below.

[CONSTANT CONTACT SIGN UP](#)

ADJUSTED HOURS OR CENTER CLOSURES

Monday, February 21, Presidents Day

NOTE: Howard County Government does not endorse or recommend the products or services associated with programs held at Howard County 50+ Centers. Howard County Government is not responsible for the performance or non-performance of program sponsors.

MARCH AT A GLANCE CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 8:45 Hatha Yoga 9 Walking Group 9 Pinochle 9:45 Chair Yoga 12 Pickleball 12:45 Line Dancing	2 9 Basketball 9 Walking Group 10 Open Studio 10 Fire Prevention 12 Bridge 12:30 Line Dance B 1:30 Line Dance I	3 MAP Resource 9 Walking Group 9 Hatha Yoga 9 Reflexology 10:15 Chair Yoga 12 Pickleball 12:30 Mahjong 12:30 Open Games	4 9 Basketball 9 Walking Group 9 Pinochle 9 Yoga & Meditation 9:30 Pilates 12 Pickleball 1 Flex, Stretch, Move
7 9 Basketball 9 Walking Group 10 Open Studio 11 Prime Time 11 History of Broadway 12 Bridge 12:30 Line Dancing 1:30 Line Dancing	8 8:45 Hatha Yoga 9 Walking Group 9 Pinochle 9:45 Chair Yoga 10 iPhone, iPad 11 Art & History 12 Pickleball 12:45 Line Dancing	9 9 Basketball 9 Walking Group 10 Open Studio 10 Nutrition Consults 11 Prime Time 12 Bridge	10 9 Walking Group 9 Hatha Yoga 9 Reflexology 10:15 Chair Yoga 11 Women's History 12 Pickleball 12:30 Mahjong 12:30 Open Games	11 9 Basketball 9 Walking Group 9 Pinochle 9 Yoga & Meditation 9:30 Revolution in MD 9:30 Pilates 12 Pickleball 1 Flex, Stretch, Move
14 9 Basketball 9 Walking Group 10 Open Studio 11 Prime Time 12 Bridge 12:30 Line Dancing 1:30 Line Dancing	15 8:45 Hatha Yoga 9 Walking Group 9 Pinochle 9:45 Chair Yoga 11 Spring Wreath DIY 12 Pickleball 12:45 Line Dancing	16 9 Basketball 9 Walking Group 10 Open Studio 11 Prime Time 12 Bridge 12:30 Line Dance B 1:30 Line Dance I	17 9 Walking Group 9 Hatha Yoga 9 Reflexology 10 Caregiver 1v1 10:15 Chair Yoga 11 Celtic Music 12 Pickleball 12:30 Mahjong 12:30 Open Games 1 Book Club	18 9 Basketball 9 Walking Group 9 Pinochle 9 Yoga & Meditation 9:30 Revolution in MD 9:30 Pilates 12 Pickleball 1 Flex, Stretch, Move
21 9 Basketball 9 Walking Group 10 Open Studio 11 Prime Time 12 Bridge 12:30 Line Dancing 1:30 Line Dancing	22 8:45 Hatha Yoga 9 Walking Group 9 Pinochle 9:45 Chair Yoga 12 Pickleball 12:45 Line Dancing 1 Secret Garden	23 9 Basketball 9 Walking Group 10 Open Studio 11 Prime Time 12 Bridge 12:30 Line Dance B 1:30 Line Dance I	24 9 Walking Group 9 Hatha Yoga 9 Reflexology 10:15 Chair Yoga 11 Cooking Demo 12 Pickleball 12:30 Mahjong 12:30 Open Games	25 9 Basketball 9 Walking Group 9 Pinochle 9 Yoga & Meditation 9:30 Revolution in MD 9:30 Pilates 10 MD Day Trivia 12 Pickleball 1 Flex, Stretch, Move
28 9 Basketball 9 Walking Group 10 Open Studio 11 Prime Time 12 Bridge 12:30 Line Dancing 1:30 Line Dancing	29 8:45 Hatha Yoga 9 Walking Group 9 Pinochle 9:45 Chair Yoga 12 Pickleball 12:45 Line Dancing	30 9 Basketball 9 Walking Group 10 Open Studio 11 Prime Time 12 Bridge 12:30 Line Dance B 1:30 Line Dance I 3	31 9 Walking Group 9 Hatha Yoga 9 Reflexology 9:30 Birding Walk 10:15 Chair Yoga 12 Pickleball 12:30 Mahjong 12:30 Open Games 2 Opening Day	Line Dancing I - Intermediate B - Beginners Blue = Hybrid Red = Virtual Password for Virtual Programs is New50+

ONGOING PROGRAMS

Open Studio: Arts & Crafts

Mondays, Wednesdays, 10 am - noon

Are you working on any crafts at home? Painting, knitting, crocheting, jewelry making, or paper crafts. Come join us!

#A03523.601

Bridge-Open Play (Duplicate)

Mondays, 12:30 - 4 pm

Cost: \$1

Fee will be collected weekly during play. #A03778.600

Billiards and Table Tennis

Drop in and play. Pick up key game room at front desk.

Monday - Friday 9 - 3 pm

Walking Group

Monday - Friday 9 - 10 am

Enjoy the company of others as you walk in a climate controlled area. 13 laps around the indoor track is one mile. 15 laps around the hallway loop is a mile.

Basketball

**Mondays, Wednesdays, Fridays
9 - 11 am**

For the over 50 athlete who enjoys some competition. Drop in play and rotation is organized by players.

Pinochle

**Tuesdays, Fridays
9 - 4 pm**

Pinochle is a classic two-player game developed in the United States, and it is one of the country's most popular games. #A03779.600

Care Talks

3rd Thursday at 10 am

The Caregiver support program is hosting one on one in person meetings with caregivers offering information and resources to assist you in their journey. Please contact Earnestine Thomas, Caregiver Specialist at 410-313-5969

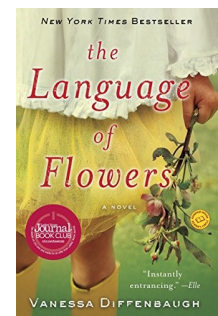
or ethomas@howardcountymd.gov to schedule an appointment.

Glenwood Book Club

Every 6 weeks

Thursday, February, 10 1 pm

See page 6 for details.



Mahjong

Thursdays

12:30 - 4 pm

Come play this tile based game that began in China. Typically played with four players.

#A03737.601

Open Games

Thursdays

12:30 - 4 pm

This new group is just beginning. Bring your own games to introduce or join in to existing games. Open to all.

#A03757.601

Nutrition Consultation

2nd Wednesdays, 10 am

Wednesday, February 9, 10 am

Registered dietitian, Carmen Roberts is available to consult individually with members. Call the front desk to make an appointment. #A03438.601

ONGOING PROGRAMS

Pickleball

Tuesdays and Thursdays 12 - 2:30 pm

Limited Enrollment

Open play for adults 50+. Players rotate play using the paint stick method.

Participants can register for one or multiple dates in a given month.

Cost: \$2.50 per day

Pickleball Beginner Level

Fridays 12 - 2:30 pm

Limited Enrollment

This program is for beginners. There will be a 30 minute orientation at 12 pm each Friday. No instruction. Registration and rotation same as Tuesdays and Thursdays.

Cost: \$2.50 per day.

Maryland Access Point

Thursdays

Emily Leclercq, Resource Specialist with the Office on Aging and Independence, will be available by appointment. She can assist you in navigating aging services now and in the future. To make an appointment to meet with Emily in person at Glenwood please call her at 410-313-5917.

#A03705.601

Reflexology

Thursdays, 9 am - 2 pm by appointment

Linda Deffinbaugh will be on site 1 day a week to provide reflexology services. Please call the front desk to make an appointment.

Cost: \$30 for 1/2 hour \$60 for 1 hour

#A03704.601

ADA ACCOMODATIONS STATEMENT

To request this document in an alternate format, or to request an accommodation to participate in a program/event, contact the Center at 410-313-0380 at least two weeks prior to the event. People with a speech or hearing disability may contact us through Maryland Relay by dialing 7-1-1.

INCLEMENT WEATHER POLICY

50+ Centers co-located with Recreation and Park Facilities at Gary J. Arthur and North Laurel Community Center will follow Recreation and Parks operating procedures as it relates to inclement weather:

If Howard County Public Schools are delayed or closed, **Glenwood 50+ Center and North Laurel 50+ Center** operating procedures is as follows:

1-hour school delay – will strive to open at 9:30am.

2-hour school delay – will strive to open at 10:30am. All classes and programs scheduled before 11am are canceled.

Schools closed –will strive to open by 10:30am. All classes and programs are canceled.

EVENTS AND PROGRAMS

History of Broadway

Monday, March 7, 11 am

Join Steve Friedman for his monthly presentation on all things Broadway. Each month focuses on another bit of Broadway. Enjoy lecture and performance. #A03750.6-00

iPad, iPhone Workshop

Tuesday, March 8, 10 am

Volunteer and center member Mike will provide you with the help you need with your Apple device. Great for anyone looking to master their Apple products.

Instructor: Mike Vecera

Cost: Free #A03730.602

Art & History Virtual

Washington Crossing the Delaware

Tuesday, March 8, 11 am

Come discover how the story of Washington's surprise 1776 attack on German soldiers in New Jersey became an encouragement for German revolutionaries over 75 years later!

In his popular Art+History series, Paul Glenshaw brings his audience through space and time to revisit vibrant moments in history.

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m6bee3489ea41bcb85cc4b68a87920d66>

Meeting #: 2308 678 8524 Password: New50+

Women's History Virtual

Thursday, March 10, 11 am

This program celebrates the Women Airforce Service Pilots (WASP) program. The first women to fly for the U.S. military. Presented by an educator from the College Park Aviation Museum.

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=md06161ba695c0a2ae0f9bf6c7458c2ff>

Meeting # 2315 474 5624 Password: New50+

Maryland in the American Revolution

Fridays, March 11, 18, 25, 9:30 am - 12 noon

Cost: \$20

Join Roger for this 3 part series on Maryland's role in the American Revolution. Topics: (1) Independence Movement (2) State Government (3) Articles of Confederation (4) Military: From Brooklyn Heights to the South; Riflemen and the Frontier (5) Loyalists: The Eastern Shore.

Instructor: Roger Swartz #A03601.602

Spring Wreath DIY

Tuesday, March 15, 11 am

Cost: \$12

Join us to create a beautiful hoop wreath to put up inside or out. All supplies and inspiration are provided. #A03520.600

Music in the Lobby

Thursday, March 17, 11 am

Join our center members Kathy and Ralph Lilly in the lobby for a morning Celtic Music performance. #A03751.600

Glenwood Book Club Hybrid

Thursday, March 17, 1 pm

Join the book club for their meeting to discuss the book *The Language of Flowers* by author Vanessa Diffenbaugh. #A03620.602

Spring Movie Magic

The Secret Garden

Tuesday, March 22, 1 pm

The Secret Garden is a new take on the beloved classic novel of the same name. Set in England during a new time period in 1947, the film follows a young orphan girl who, after being sent to live with her uncle, discovers a magical garden on the grounds of his estate. PG, 1 hour 40 min. #A037702.600

EVENTS AND PROGRAMS

Raspberry Souffle Cooking Demo

Thursday, March 24, 11 am

Cost: \$8

Who says souffles are just for summer? Using frozen raspberries, join us and learn to make these fancy, delicious but easy desserts.



#A03770.600

Maryland Day Trivia Contest

Friday, March 25, 10 am

Join us in the lobby and test your knowledge of the Old Line State. Study up and join us. Prizes awarded!

#A03772.600

Opening Day

Thursday, March 31, 2 pm

We are serving up hot dogs with fixings to enjoy while you watch the Oriole's game. If the lockout hasn't ended enjoy the baseball themed movie **Fever Pitch**.

PG-13, 1 hour, 43 min. #A03771.600

Beginning Birding Nature Walk

Thursday, March 31, 9:30 am

Join Woody Merkle for a bird walk in Western Regional Park. This will build on his virtual Beginner Birding program from February.

AARP TAX AIDE PROGRAM

AARP and the IRS are sponsoring free personal Federal and Maryland Income tax preparation. Appointments will be held at the **Glenwood 50+ Center on Mondays and Thursdays** from 9 am - 2 pm. All preparers and volunteers have received IRS approved training and certification in tax preparation. This service is available to middle and low income tax payers with special emphasis for those 60 and older. Self-employment returns with more than \$5K in expenses or very complex returns are not eligible for this service. Each appointment is for one single or joint return.

- Bring Social Security cards for anyone listed on your return.
- Bring 2020 state and federal tax returns.
- Bring 2021 tax records with you.
- If you had investment transactions during 2021, bring the purchase cost for those transactions.

To set up a tax appointment, please call **443-741-1220**. You will need to leave a message, include your name, telephone number and specify the location where you would like to have your appointment. A scheduler will call you back to confirm the date and time. To make an appointment online, google **AARP TAX AIDE LOCATOR**.

EXERCISE AND FITNESS

Prime Time

Mon/Wed 11 am #A03478.600

Cost: \$64 for 16 classes

A class focusing on functional fitness for everyday living. Have fun getting fit and strong and improve your range of motion and balance. Tone your major muscle groups with both seated and standing exercises. Modifications are shown.

Instructor: Marianne Larkin

Line Dancing Open Studio Beginners

Mondays, 12:30 - 1:30 pm #A03400.609

Line Dancing Open Studio Intermediate

Mondays, 1:30 - 2:30 pm #A03400.608

Cost: \$5 per month

Open to all beginners to practice with others of the same skill level.

EXERCISE AND FITNESS

Hatha Yoga

Tuesdays, 8:45 am #A03449.600

Cost: \$30 for 5 classes

Thursdays, 9 am #A03450.600

Cost: \$30 for 5 classes

The practice of Hatha Yoga can help with greater flexibility and strength, as well as relaxation. This class includes slow paced stretching.

Instructor: Mary Garratt

Chair Yoga

Tuesdays, 9:45 am #A03460.600

Cost: \$30 for 5 classes

Thursdays, 10:15 am #A03463.600

Cost: \$30 for 5 classes

Through creativity and modifications, everyone can do yoga with a chair. In this gentle/beginner's level class, yoga poses are done seated in a chair or standing using the chair as a prop for support and stability. Reap the benefits of greater flexibility, increased energy, improved memory and clarity, better concentration, and improved overall health.

Instructor: Mary Garratt

Line Dancing Open Studio Advanced

Tuesdays, 12:45 - 2:30 pm

Cost: \$5 per month

This is open to all beyond beginners to practice with others of the same skill level.

#A03400.607

Line Dancing Instruction Beginner

Wednesdays, 12:30 pm #A03475.600

Cost: \$54 for 9 weeks

Dancing is great exercise and fun, learn the basics. Please wear leather soled shoes.

Instructor: Sandy Garrish

Line Dancing Instruction Intermediate

Wednesdays, 1:30 pm #A03474.605

Cost: \$54 for 9 weeks

Expand your knowledge. Line dancing is one of the most fun dances you can do anywhere, and you do not need a partner!

Instructor: Sandy Garrish

Pilates

Fridays, 9:30 am #A03431.600

Cost: \$24 for 4 classes

Pilates is an exercise program emphasizing core stability, balance, and abdominal strength. Based on 34 basic movements that are performed on a mat, it supports a healthy back and invigorates overall fitness. Open to all levels, modifications are available.

Instructor: Bob McDowell

Yoga & Meditation

Fridays, 9 - 10:15 am #A03402.600

\$24 for 4 classes

Using yoga postures with mindful breathing, build strength and flexibility in this 75 minute class. End with a relaxing meditation to calm the mind and body.

Flex, Stretch and Move

Fridays, 1 pm

#A03428.600

Cost: \$24 for 6 classes

Improve flexibility, coordination, strength and balance. Focus on strengthening muscles and connective tissue as well as improving joint mobility. Class offers both seated and standing options.

Instructor: Bev Ludwig